



*Fearless Hearts Foundation*  
*[www.fearlessheartsfoundation.org](http://www.fearlessheartsfoundation.org)*

*Welcome to the 8th issue, Volume 4, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

## **Foundation News & Updates**

*All [Foundation News and Updates](#) can be found on the foundation [website](#)*

## **Conscious Living**

*Life is a rich tapestry*

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Between birth and death, there is life. Like a tapestry, it is multilayered and complex. In addition all of the fibers are connected to each other.

Birth is an opening to lifes' possibilities.

We are fortunate to have been born humans because only in human form can we experience what life has to offer, and only in human form can we be awakened.

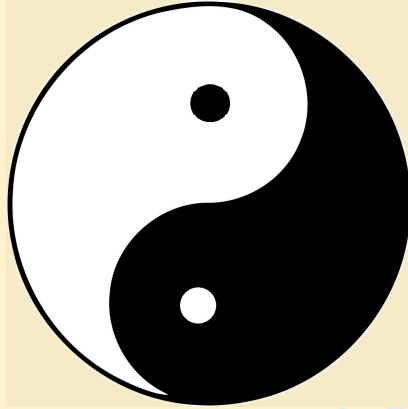
We are here to experience life in all its flavors

Being human allows us to taste life in all its flavors - joy, sorrow, love, loss, adventure, and everything in between. This richness makes our existence truly unique.

"The world is so constructed, that if we wish to enjoy its pleasures, we must also endure its pains. Whether we like it or not, we cannot have one without the other." ~ Swami Brahmananda

This is not a pessimistic view but rather a statement of fact.

The yin yang symbol is a representation of the Taoist philosophy of balance and harmony between opposing forces, and the idea that these forces are always changing and interconnected.



We are in this world to experience all that we wanted before we were born.

The idea that we have desires or a purpose set before birth is a concept explored in various philosophies and spiritual traditions.

Perhaps by experiencing life's "flavors," we discover and refine those pre-birth desires. Maybe the journey itself is the purpose.

We may linger a while but eventually we would want to return home. The impermanence of life adds a poignant touch.

Knowing our time is limited can motivate us to make the most of it.

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Whether it's literally true or not, the concept of pre-born “destiny” serves as a reminder to connect with our inner voice and pursue what feels meaningful.

Maintaining balance within and aiming for harmony with everything and everyone is the advice of spiritual masters.

The wisdom of seeking balance within ourselves and harmony with the world resonates deeply.

Finding inner peace allows us to navigate the complexities of life and connect authentically with others.

The concept of free will being limited to the present moment is a powerful one. It emphasizes the importance of living in the now, making conscious choices, and not dwelling on the past or projecting the future. Just this moment is enough.

We can only exercise free will in this moment, here and now. Although we believe that we are using our free will at other times, the years of conditioning does not allow us to do so.

Practicing mindfulness can help cultivate present-moment awareness.

What is mindfulness? It is a deviation from the normal mechanical things we do.

For example when you make coffee or tea in the morning, if you break down the steps to do so you are being mindful.

You have converted a mechanical task to a mindful activity.

The same is true for everything that you do. This is the simple and great practice of Zen. Walking, sitting, doing laundry, you are doing it mindfully and in it there is grace.

Being present and aware allows us to appreciate life's beauty, navigate challenges effectively, and connect with ourselves and others on a deeper level.

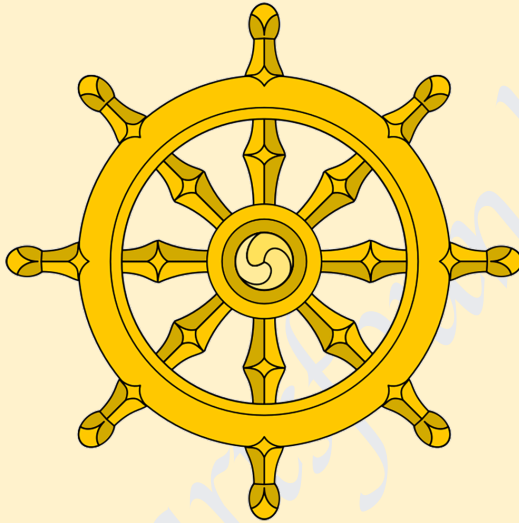
While we can learn from the past and plan for the future, truly experiencing life happens in the present moment.

We can't bring back and relive the past.

We can't predict the future.

The wheel of life, powered by desire, shall continue to turn long after we're gone. Until we make an effort to get

out of this wheel we will experience the same things only in different bodies, a different set of circumstances, but the same lessons to be learned.



[https://commons.wikimedia.org/wiki/File:Dharma\\_Wheel\\_\(2\).svg](https://commons.wikimedia.org/wiki/File:Dharma_Wheel_(2).svg)

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## **Philanthropy**

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Howard Graham Buffett, a gentleman farmer, politician. Author and photographer is the CEO and Chairman of the Howard G Buffett Foundation whose mission is” to catalyze transformational change to improve the standard of living and

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quality of life, particularly for the world's most impoverished and marginalized populations."

[https://en.wikipedia.org/wiki/Howard\\_Graham\\_Buffett](https://en.wikipedia.org/wiki/Howard_Graham_Buffett)  
<https://www.thehowardgbuffettfoundation.org/about/>

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## **Business Insights\***

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We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.  
<https://fearlessheartsfoundation.com>

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*Fundamentals of Being in Business*

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*Business Ideas: Adjusting to the Current Business Climate*

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*Commentary*

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## **Fundraising Announcement**

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*Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the web link below*  
<https://fearlessheartsfoundation.org/donate>

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## **Feedback**

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*We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for a review. Please send your comments/feedback to us at [fhfinusa@gmail.com](mailto:fhfinusa@gmail.com)*

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